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Your essential daily news | Thursday, July 9, 2015

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Willow Golla, 4, from Minnesota, and Harry the Horse enjoy Kids' Day at the Calgary Stampede on Wednesday. More Stampede coverage in metroNEWS. CANDICE WARD/FOR METRO

Property crimes ump 43%

But police actions may have dampened the rising rates



Robson **Fletcher** Metro | Calgary

Calgary has seen a dramatic increase in break-ins, theft and fraud so far in 2015, but new data also suggests the surge may have been blunted by a recent police operation specifically targeting property crime.

Police recorded a total of 16,126 property crimes in the first four months of 2015, according to monthly statistical reports published Wednesday.

That works out to more than 134 property crimes per day, on average, and marks a 43 per cent increase over 2014 and a 46 per cent jump from the previous five-year average.

The biggest year-over-year increases came in commercial break-and-enters (up 67 per cent) and vehicle theft (up 88 per cent).

In response to the rising rates, police undertook two special operations earlier this year.

One operation saw more than 60 officers "temporarily dedicated" to property crime in general and the other was aimed at a breaking up a group of organ-ized auto thieves, ultimately resulting in 168 criminal charges being filed.

Both of those operations concluded in May, a police spokesperson said Wednesday, and their impacts may be noticeable in the monthly crime statistics.

While still well above previous years, the property-crime rate in April dropped sharply from the rate in March, which is unusual.

Typically, the number of offences rises steadily from February to July before beginning to drop off again, as property crime tends to be seasonal.

Police have yet to release aggregated crime statistics for May and June, but Chris Sowiak, owner of Around the Clock Glass Services, a Calgary company that specializes in repairing damaged windows, doors and storefronts, said he's been far busier than usual lately.

"We've had a lot of break-ins in the last few months," Sowiak said, adding he's seen a 50 per cent increase in emergency calls in May and a 60 per cent increase in June, compared to last year.



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Your essential daily news

Fitness trackers don't have staying power. **Business**

Foothills hospital campus to house new cancer centre

HEALTH

Rep says \$20M and decades of review went into decision

Jennifer Friesen For Metro | Calgary

After letting out a deep sigh, Jenn Birchall chuckles and says, "I can't believe it's really happening. After all this time, it's finally happening.'

On Wednesday morning, Minister of Health Sarah Hoffman announced that the Foothills Medical Centre campus will be home to Calgary's new cancer centre, making good on the Alberta NDP's campaign

Birchall has spent the past year calling for a comprehensive cancer centre in Calgary. She was diagnosed with Stage 4 breast cancer in 2009, and said she's spent more hours than she can count in overcapacity waiting rooms.

The previous PC government's original plan to build a one-stop cancer centre at Foothills Medical Centre was shelved in 2014. This spring, they opted for a two-site model, splitting the cancer care between the South Health Campus and the Foothills Medical

The announcement spurred



Jenn Birchall has been lobbying for a comprehensive cancer centre in Calgary for the past year. On Wednesday morning, the provincial government announced that the cancer centre will be built on the Foothills Medical Centre campus. JENNIFER FRIESEN/FOR METRO

a petition by the Concerned Citizens for the Calgary Cancer Centre (C5), urging the government to reinstate the original plan.

John Osler, a C5 representative, said that \$20-million and decades of review went into planning the Foothills cancer centre, and that it was "the right decision" to make.

"In Calgary, we've never really had a comprehensive cancer centre," said Olser. "We have the Tom Baker, which was at capacity in 2001, and the numbers of people hearing that they have cancer is

going to almost double in the next 15 years.... This is going to make the journey of a cancer patient in Alberta far, far better than it is now, and it's going to result in better outcomes. And really, that's what it's all about."

Plans for the new cancer

centre are underway, and will include additional inpatient beds, outpatient services, radiation therapy and systemic therapy such as chemotherapy, according to the province. A detailed budget and timeline will be released this fall.

Dan Holinda, executive director with the Canadian Cancer Society, said he was 'stunned" by the speed of the decision.

"Today is a bucket-list day," he said. "This government is putting in place a way of saving tens of thousands of lives over the next 30 years.'

For Birchall, the news gives her "one less thing to worry

"Just to know that it's all going to be under one roof is such good news," she said. "It's what we've been fighting for all along. And I don't know how long I'll be here, so it's good for the city, not just me. It's good for everyone."



Today is a bucketlist day. This government is putting in place a way of saving tens of thousands of lives over the next 30 years.

Dan Holinda

Police stings target sex trade

Lucie **Edwardson** Metro | Calgary

After two sting operations in the past few months in the city's Beltline and Forest Lawn areas, members of the Calgary Police Vice Unit say they're making progress toward reducing prostitution in Calgary and making it safer for those involved in the sex trade.

On Tuesday, police announced the sweep had led to 32 people being charged with obtaining sexual services and four with obtaining or communicating for the purposes of obtaining sexual services from a minor.

The sting operations took place March 24-27 and June 22-25, specifically targeting offenders attempting to purchase sex from underage females.

While police haven't eliminated prostitution in those areas, Staff Sgt. Martin Schiavetta said "we have certainly reduced it," and have done so through a focus on the online side of the city's prostitution.

"Ninety per cent of the prostitution that occurs in our city occurs on the Internet, so the number of people you see selling themselves out on the street is not an accurate representation of prostitution in Calgary," he said.

Schiavetta said the CPS has also been working over the last number of years to increase its presence in the Forest Lawn and Beltline areas.

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4 Thursday, July 9, 2015 Calgary Metr® NEWS

Animal activists demand shutdown of the rodeo

CALGARY STAMPEDE

Call comes after two horses die at event this year



The Calgary Stampede's rodeo and chuckwagon races are again under a microscope after two horses were euthanized within the first six days of the 10-day-long event.

On Tuesday, officials said human error resulted in the second chuckwagon horse death of this year's Stampede — a misstep that has earned two drivers deemed to be at fault a \$5,000 fine.

"Hopefully we're not going to see any more for the rest of this time — you know, it's just been a series of accidents, driver error," said Stan Church, chair for the Chuckwagon Safety Commission.

"I guess it would be like at certain times there's more accidents on Deerfoot than other times. I don't think there's any particular thing that's causing the accidents."

Kristina Barnes with the Calgary Stampede said an average of 550 to 600 chuckwagon horses are brought to the park for racing. Each night, 216 horses race

Since the 1986 Stampede, according to Peter Fricker of the Vancouver Humane Society (VHS), about 60 animals have perished. The year with most animal deaths to date was 2005, when 13 horses died and one calf was injured.



Chuckwagons race at the Calgary Stampede in this file photo. JEFF MCINTOSH/THE CANADIAN PRESS



People across Canada are outraged and they are sick of hearing about the needless deaths of horses at the Stampede

Peter Fricker, Vancouver Humane Scoiety

"The deaths of the horses at the Calgary Stampede are of course really problematic," said Anna Pippus, a spokeswoman for Animal Justice. "It's not just horses during the chuckwagon races that are dying ... animals are being killed in other rodeo events."

She added that even when animals don't sustain injuries, they are still exposed to pain and fear

"It's all for the sake of entertainment," Pippus said. "Our position is that the lives of Alberta animals should not be unreasonably subjected to distress."

The VHS rolling list notes these deaths don't include the animals used behind the scenes.

In a release, the VHS called for the "immediate suspension" of the chuckwagon races

PETITION PARTY

This year, petitions against Stampede events are making the rounds, asking to end events like calf roping, chuckwagon races and even demanding sponsors and artists like Lights pull their support for the annual event. Facebook groups have shared stories and petitions. In total, the term

to create a panel of independent equine experts to see if anything can be done to make races safer.

"People across Canada are

"chuckwagon" has been used 650 times between July 6 and 8.

Ánimal Justice, a Canadian animal-law focused organization, is asking the Calgary Humane Society to step in and prosecute Calgary Stampede for "inflicting fear and pain onto animals."

outraged and they are sick of hearing about the needless deaths of horses at the Stampede," Fricker said.

WITH FILES FROM KRISTA SYLVESTER

CROWCHILD TRAIL

Deadline for route ideas



Robson Fletcher Metro | Calgary

Calgarians have until Friday to offer up ideas online for a major redesign of Crowchild Trail, before the city wraps up its current phase of an extensive public engagement process.

The online component is one of several ways the city has gone about gathering citizen feedback in recent weeks, after council rejected a \$1-billion redevelopment proposal for the major north-south route in 2012.

Mayor Naheed Nenshi called the 2012 plan a "crazy engineering dream" and numerous council members were appalled at its recommendation to bulldoze homes near the Bow River to make way for new interchanges and bridges.

So city officials went back to the drawing board and, this time around, have taken extra steps to gather input from people who live in the area and citizens at large before developing a new proposal.

Project manager Feisal Lakha said the city hosted several public workshops in June as well as a bus tour and walking tours of the area where citizens could "actually walk us through their issues and literally show us what their issues are."

Community "idea boards" were also set up at high-traffic areas along the route where people could offer feedback, in addition to the online feedback tool, which closes July 10.

Lakha said city staff will compile all the feedback into "draft goals" for the redesign which will then be made public for further feedback later this summer.

The aim is to deliver a specific plan including short, medium, and long-term projects to city council by the end of 2016.



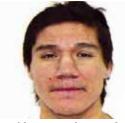
CRIME

Police warn public after release

Calgary police are issuing a special warning to the public about in inmate who has been released from custody after a lengthy prison sentence but who is still considered a high-risk offender.

David Emmanuel Kematch, 27, was released in the Calgary area Tuesday after serving an eight-year sentence for sexual assault on a woman who was a stranger to him.

Police said Kematch has a history of violent offences and will be monitored by the Calgary Police Service High Risk Offender Program.



David Emmanuel Kematch.
POLICE HANDOUT PHOTO

He's described about five feet eight inches tall and 160 lbs., with black hair and brown eyes.

Police said in a release they decided to issue the warning "after careful deliberation and consideration of all related issues, including privacy concerns" but ultimately believed "it is clearly in the public interest" to inform the public about Kematch's release.

"Members of the public are advised that the intent of the process is to enable members of the public to take suitable precautionary measures and not to embark on any form of vigilante action," the release added.

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NORTH SASKATCHEWAN FIRE

Cold Lake centre low on supplies: Evacuees

Some people who had to flee their homes due to a fast-approaching forest fire in northern Saskatchewan say they are lacking basic amenities in the Cold Lake evacuation centre.

Jennifer and Mable Isbister, who live in La Ronge, say the past two days haven't been easy for them or their families.

With no time to pack their things, they and hundreds of others boarded a bus to Prince Albert, Sask., then on to Cold Lake, Alta

When they reached the recreation centre in Cold Lake, Jennifer was given a fold-up cot with a small wool blanket to sleep on. Others didn't get blankets, the sisters said, adding there is not enough food to go around.

"This morning they ran out of stuff again," Mable said Tuesday.

"It's going to be a continuing process," Jennifer added, "Some of us didn't even have supper last night or breakfast this morning."

Some elders had to leave home without their medicine, wheelchairs or walkers, and getting to meals has been a challenge, she said.

"I went and borrowed an office chair and helped my grandpa," Jennifer said.

"I put him in there and took him to the kitchen and took him outside for a smoke. So he's keeping that chair with him. He's using that."

As of Tuesday, there were around 680 evacuees being housed in Cold Lake.

J.P. Taschereau, senior manager of emergency response with the Red Cross, said he is not aware of a food shortage at the evacuation centre in Cold Lake.

He said volunteers are working to help replace vital items that evacuees may have left behind. THE CANADIAN PRESS



Both AARCS and the Calgary Humane Society are seeing a spike in pet surrenders — mainly cats. Between January and June 2015, CHS saw 2,858 animals come into their care.

PHOTO COURTESY ALBERTA ANIMAL RESCUE CREW SOCIETY

Economy forcing pet surrenders

ANIMAL CARE

Shelters are at capacity with owners unable to care for pets

Jeremy Simes

For Metro | Calgary

The Calgary Humane Society is bursting at the seams with animals — many of them being surrendered because of Alberta's tenuous economic situation.

Currently the shelter is overwhelmed with 823 animals. It only has room for 400.

"People are going through a tough time — they're moving, losing jobs, or can't afford to pay for the health care of the animal," said CHS spokeswoman Sage Pullen McIntosh.

From January to June of 2015, the shelter saw 2,858 animals come through its doors, an increase of 288 from last year when it saw 2,570 in that same time frame.

The Calgary Humane Society



Adopt a furry friend

The Calgary Humane Society is holding its mass adoption event from Wednesday until Sunday at 4455 – 110 Ave SE from noon to 7 p.m. AARCS is holding its event on Saturday from 11 a.m. to 2 p.m. at 3851 – 21 St. NE.

isn't the only organization filling cages full of fur.

Alberta Animal Rescue Crew Society (AARCS) has shut its doors to new intakes of cats due to the influx of felines.

"We need to get some of the current adoptable cats into new homes so we can rescue more," said AARCS Executive Director Deanna Thompson.

"(The intake of cats has) just been way bigger than we ever thought it (would) be."

Currently AARCS has more than 375 cats at its shelter.

Both the Calgary Humane Society and AARCS are encouraging the public to come out and adopt animals.



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Thursday, July 9, 2015 Calgary Metr® NEWS

ALBERTA

Foreign crews to help with wildfires

The Alberta government said Wednesday it was bringing in 62 firefighters from Mexico to help battle 92 wildfires and was also looking at the possibility of crews from Australia and New Zealand.

The move comes as forest fires rage across Western Canada.

Steve Roberts with Saskatchewan Wildfire Management said crews made some progress and better visibility allowed aircraft to dump water on some flames in that province.

He said the fire situation across Western Canada is so busy that it is a challenge for the provinces to get enough firefighters.

"As we started down the road with these fires, Alberta and British Columbia fire hazards escalated, the numbers of fires increased and they had community evacuations as well," Roberts said.

"That has stretched the availability of resources across the

country."

The Canadian Interagency Forest Fire Centre, which coordinates firefighting services, said Canada may have to seek more help from abroad.

The latest report on the agency website said major wildfires "have the potential to exhaust agency fire resources nationally."

"National resource levels are insufficient to meet occurring and anticipated wildland fire activity," it said.

Wildfire expert Mike Flannigan said tinderbox conditions that have lead to the destructive fires in the West can be blamed on climate change.

"Our weather this year has been very hot, dry and windy," said the University of Alberta professor. "This is consistent with what we expect with climate change. I'm not saying every year is going to be a bad fire year, but we are going to see a lot more fire on the land-scape." THE CANADIAN PRESS

BORDER CROSSING

U.S. men fined \$17K for bringing guns

Two Americans have been fined for trying to bring in guns to Alberta

Donald Hardinger, 49, was fined \$17,000 and given a 10year firearm ban in a court in Lethbridge, Alta.

Canada border officers at the Coutts crossing found seven undeclared firearms, including a semi-automatic rifle, in Hardinger's travel trailer last July. Donald Edward Lee, who is

44, was fined \$5,000. In February, border guards at the same crossing found a

.45-calibre pistol inside his truck. The commercial truck driver also received a 10-year firearm ban. THE CANADIAN PRESS

Till Stampede do we part with our wedding rings

LOST AND FOUND

Restaurant often finds rings left behind

Lucie Edwardson For Metro | Calgary

If you like it, put a ring on it. Then superglue it, and then fuse it to their finger.

When the Stampede rolls into Calgary each year, losing a wedding ring becomes a lot more common.

Wendy Daniel, marketing director for Ranchman's Cookhouse and Dancehall, said it isn't unusual for people to come in searching for their wedding rings after a night of Stampede debauchery.

"The night of our firefighter-versus-cowboy pole climb, we actually had a couple (of people) lose their wedding rings this year," she laughed.

"I mean, why are they putting them in their pocket?" she added.

Daniel, who has been working at Ranchman's for 29 years, said an increased num-



It's more common than you might think to lose a wedding ring during Stampede.

ber of wedding rings found at the bar during Stampede isn't anything new, but they still had a first-time experience on Tuesday.

"There were two sisters that came in together looking for their wedding rings yesterday that had lost them the night before," she said.

Daniel said the bar staff tends to "have a chuckle" each time a ring turns up.

Jo-Anne Durant has manned the Calgary Stampede lost and found for over 10 years now and said people call every year, asking if their wedding rings have been turned in.

"We had a lot of calls for wedding and engagement rings but very few get claimed," said Durant.

"I don't think they get turned in as often as they are lost."

Durant said wedding rings aren't the strangest thing she's seen come through the doors of the Stampede lost and found, however.

"I got a bag with a bunch of bras in it one time. Odd thing — they all had phone numbers inside them, too," she said.

"They were the weirdest colours and things like that. I think they use them to throw up on the stage and hope they get some calls."





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Politicians' T-shirts Nine Inch Nailed

Notley, Iveson, Nenshi's 'NIN' shirts draw **Reznor letter**

The frontman for the industrial rock band Nine Inch Nails is putting the hammer to a trio of Alberta politicians.

Trent Reznor's represent-

atives have sent a letter requesting the politicos refrain from any use of the band's

That logo — an "N," an "I" and an inverted "N" — was featured prominently in a tweet featuring Calgary Mayor Naheed Nenshi and Alberta Premier Rachel Notley, and referencing Edmonton Mayor Don

In the photo, the pair held up black T-shirts with the logo and the subtitle "Notley Iveson Nenshi" and the tagline "Building Alberta Together.

Nenshi's office confirms that Reznor's people contacted them with "a very polite letter" this week expressing concern over the T-shirts, which are being sold by a third party not connected to the mayor or his office.

Nenshi says he understands why Reznor would be upset.

"Apparently it seems some

people have been selling this T-shirt," he told a Calgary TV station

"Don't do that. So if you're someone on a website selling this T-shirt, quit it."

The mayor's office says the original three shirts were personal gifts printed for the politicians, and are "not the concern here."

Notley's office confirms she also received a letter from Reznor's lawyers. THE CANADIAN PRESS



Calgary Mayor Naheed Nenshi and Alberta Premier Rachel Notley holding up the T-shirts. FROM TWITTER - @CHIMAINCALGARY

PALEONTOLOGY

New dinosaur species discovered

Another new species of dinosaur with a bizarre and elaborate array of horns and shields on its face has emerged from the hills and hoodoos of south-

The rate of horned dinosaur discoveries in the last 10 years has probably gone up faster than any other group of dinosaurs," said David Evans, a paleontologist with the Royal Ontario Museum who describes the new creature in a paper published Wednesday.

"The number of species has about doubled in the last 15

Last month, it was Regaliceratops peterhewsi — otherwise known as Hellboy for the tiny horns over its eyes that resemble those of the eponymous comic book character.

Now, it's Wendiceratops pinhornensis, known to friends as Wendy and named after legendary Alberta fossil hunter Wendy Sloboda,

who made the discovery in

Like other ceratopsians, Wendy had a large, six-metre body, three horns on its face and a large, frilled bony shield around it. At 79 million years old, Wendy's nose horn was surprisingly big for such an early member of the family.

But in other ways, Wendy is reinforcing the current understanding of how social behaviour affected the evolution of ceratopsians.

"Horned dinosaurs were social animals," said Evans, pointing out that many of their fossils come from bone beds consisting of large numbers of individual dinosaurs. Wendy, whose skeleton is currently on display at the Royal Ontario Museum in Toronto, is actually a composite of 200 different bones from at least four dinosaurs found in one of those beds.

THE CANADIAN PRESS



An artist's rendition of Wendiceratops is shown in a handout photo. DANIELLE DUFAULT/THE CANADIAN PRESS







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10 Thursday, July 9, 2015 Calgary Metr® NEWS

JICO JUICE TOKM

Parade marshal Allan Cook shows off medals he won in wheelchair races. JEREMY SIMES/FOR METRO

Parade's a lark for wheelchair racer

HOMELESSNESS

Stampede crowd cheers East Village's parade marshal

Rolling through the streets as the East Village Neighbourhood Association's marshal during the Calgary Stampede parade, Allan Cook was a crowd favourite.

But years prior to the parade, Cook was homeless and mentally recovering from a horrific bike accident on a mountain trail that left him partially paralyzed from the neck down. He became a high-functioning quadriplegic on June 14, 2003.

The trauma shook Cook to the core, and he turned to alcohol to ease his pain.

"I was just trying to hide to my fears," he said Wednesday. But life slowly rolled around,

and Cook realized it was time to embrace his disability. "I became viciously in-

Recovery

Neighbourhood association parade marshal Allan Cook became homeless after a bike accident. But he overcame his fear and pain to become 'viciously independent,' he says.

dependent," he said.

With the help of the Calgary Drop-In and Rehab Centre, accessible housing and a little hard work, Cook was able to move out of the shelter and into an apartment in December 2014.

Holding a flag with help from the drop-in centre's Heather Whelen, Cook said hearing the cheers of Stampede parade watchers was an unforgettable experience.

"I kind of like to be the centre of attention in my little circle."

Jordan Hamilton, the centre's manager of external af-

3

A real testament to what can happen when someone works hard.

Jordan Hamilton, Drop-In and Rehab Centre

fairs, said Cook has become an inspiration for the community.

"Allan is a real testament to what can happen when someone works hard," Hamilton said. "He's far more independent, and brought the community together in a beautiful way."

The four-kilometre parade route was just a blip compared to the distances Cook routinely covers. He competes in about five 10-kilometre races a year and has medals to prove it.

Racing is what keeps him going forward, he said.

"I have ups and downs every day, but that's just part of it. After my accident, I changed. It happens. But I try to remain positive." JEREMY SIMES FOR METRO

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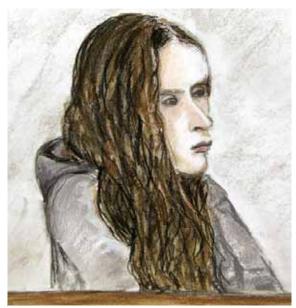
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Meredith Borowiec in a court sketch during her previous trial.

Infanticide ruling stands

CRIME

No new trial for mother who left two babies to die

Alberta's highest court has upheld two infanticide convictions for a Calgary woman who threw her newborns in the garbage.

Meredith Borowiec gave birth in 2008 and 2009, but the two babies' bodies have never been found.

A third infant born in 2010 survived when the baby's father, not knowing it was his child, helped pull the newborn out of a neighbourhood trash bin after a passerby heard cries.

A trial judge ruled the mother's bizarre actions showed her mind was disturbed at the time of the births and found her guilty of infanticide instead of second-degree murder.

The Crown appealed the decision and asked for a new trial. In a two-to-one ruling, the

In a two-to-one ruling, the Court of Appeal said the trial judge considered relevant cases and expert evidence in his decision

"The expert evidence before him conflicted in a significant way, and he preferred one expert's conclusion over that of the other," said the decision.

"He found that the respondent was operating in a sort of individualized pocket of unreality that persisted in the period shortly following the births. The Crown has not persuaded us that there was an error of law in the trial judge's conclusion in this regard."

Borowiec was sentenced to 3-1/2 years in prison.

In 2012, while in police custody, she gave birth to a fourth baby and the child was taken from her.

She later had an IUD inserted to prevent any pregnancies while on probation. She also agreed to a 10-year peace bond.

In interviews with police, Borowiec said she kept her pregnancies secret from coworkers by telling them she had cysts on her uterus. She said her boyfriend was unaware that she was pregnant either before or after the births.

THE CANADIAN PRESS

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EMPLOYMENT

STEP program returns ... next summer

SHAGANAPPI.COM

Alberta's Student Temporary Employment Program (STEP) is set to be reinstated next summer after a two-year hiatus and while many young people are excited for the job prospects, student leaders are calling for changes.

The Council of Alberta University Students (CAUS) said the program needs to be revamped before its relaunch.

"Students are always grateful for any sort of program

SHAGANAPPI

that helps us transition from post-secondary to the working world," said CAUS chairwoman Romy Garrido. "But sometimes it's misused ... some of the jobs that were being funded were jobs that didn't provide experience for university students."

CAUS wrote a paper outlining changes they would like to see in the program, which they sent to the post-secondary minister's office, but they haven't had a response yet.

"Some students were doing maintenance jobs and cutting grass, so those aren't the types of jobs we're looking for," said Garrido.

That was among the main reasons they are looking for change in the program, she added, noting they would like to see more private-sector opportunities and longer work terms to help students during the school year.

The STEP program, which used to offer 3,000 Alberta post-secondary students temporary employment for the sumer, was put to rest in 2013 by the PC government.

As part of the NDP platform, the plan was to reinstate the employment program in time for summer of 2015, but time constraints forced the newly formed government to postpone the relaunch.



Calgary Stampede | metr@NEWS **12** Thursday, July 9, 2015

What's your agriculture IQ?

FARMING

Only 2% of citizens have been on a farm

Krista Sylvester For Metro | Calgary

Agriculture is an integral part of the Calgary Stampede, but not a lot of people know a lot about it. According to Stampede officials, only two per cent of Canadians have been on a farm. That's a startling statistic.

So we wanted to see what Stampede visitors know about agriculture. Directly below are the questions we posed, along with the correct answers.

What measurement is used to measure a horse's height? Horses are measured in "hands."

What species is an "ovine"? An ovine is a sheep.

How many beef cattle does Alberta currently have?

We have five million beef cattle.



Tom Zidek, 40

- "Not metric, that's for sure.
- "Ovine? That's a cow, what kind of cow, not sure."
- "I'll just throw out a guess, definitely in the millions. Twenty-five million?"



Vincent Dykstra, 29

- "Inches?"
- "A plant?"
- "Oh goodness. I'll say



- "I have no clue. Oh, a hand, my dad was a horse guy."
- "Give me a clue? A cow. A cattle."
- "Oh, I'd say, maybe, 3,700."



Jeremy Smeets, 33

- "I would say metres."
- "A cow?"
- "Oh my... a couple million?"



How much do you know about agriculture? We asked Stampede-goers a few questions that tested their knowledge. ALL PHOTOS BY CANDICE WARD/FOR METRO

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Duke and Dick, Percheron horses during Day 6 of the Calgary Stampede on Wednesday. CANDICE WARD/FOR METRO

Trot back in time at **Draft Horse Town**

If you're looking for a slice of history down at the Calgary Stampede then head on over to Draft Horse Town for a lesson in historic agriculture.

Draft Horse Town pays homage to the draft horse and the significant role it played in building Western Canada, according to Draft Town teamster boss, Rhonda Monahan.

"We wanted to get people up close to what horses did before there were diesel engines and we show them how the West was built before there were tractors and machines," she

said, adding this year's theme is Horses in the City.

Monahan says Draft Horse Town is an important way to connect people to Prairie his-

"The percentage of people who spend time on a farm or know anything about animals or equipment is only two per cent now, so our goal is to keep people educated about agriculture."

Draft Horse Town hosts daily events just outside the Agriculture Centre.

KRISTA SYLVESTER/FOR METRO



COKE STAGE

Check out the Coca-Cola stage on Thursday, July 9, to catch these acts:

Thomas and Friends

Thomas the Train is one of the most beloved children's characters. Millions of kids have entered a world of imagination through the tracks of a train. Noon and 2:30 p.m.

Terry Stokes

A long time Stampede favourite, popular hypnotist Terry Stokes started on the stage in 1970 and has been a mainstay ever since. 1:30 p.m., 4 p.m.

Beat Drop

Beat Drop is Canada's premier music production and DJing school, hailing right here from Calgary featuring the unique talents of 2014 Canadian Redbull Thre-3style champion & Beat Drop's head DJ instructor, DJ C-Sik. 3 p.m., 5:30 p.m.

Since the release of Moist's multi-platinum debut album, Silver, the band has sold millions of albums worldwide and garnered 10 Juno award nominations. 9 p.m.

Fireworks display an annual highlight

GRANDSTAND SHOW

Technicians work around the clock in preparation

It's been said that everybody loves fireworks and Brad Dezotell is prone to agree.

Dezotell and his 25-member team are responsible for the spectacular fireworks show that lights the sky nightly as the finale to the Grandstand

As he sees thousands of heads pointed high into the night sky, he knows first-hand how much people enjoy watching the colourful spectacle.

There's an old adage that everyone loves fireworks and that's mainly true. Fireworks know almost no boundaries and they transcend almost every age, culture, female, there are no bound-



A scene from the 2015 Grandstand show fireworks finale. CALGARY STAMPEDE/FLICKR

aries," he said.

Even though the fireworks don't start until around 11 p.m. nightly, Dezotell and his team of 25 technicians start their day on the grounds at around 10 a.m. and keep working until after the show is complete.

'We shoot from multiple

locations from the race track and it's one of the largest kinds of rolling shows out there. We set the locations up last minute because of the chuckwagon races and it's a ton of work."

It's impossible to know how many fireworks Dezotell has shot since he started producing the Calgary Stampede fireworks show in 2005 but he says it's in the millions

"I have a fireworks business and we literally entertain billions of people a year with over 160 fireworks show a year," he said.

KRISTA SYLVESTER/FOR METRO

Talent hunt down to Calgary's top 25

For 25 performers, the 35th anniversary of the Calgary Stampede Talent Search is about to get a lot more exciting.

That's because the judges have narrowed the competition down from 58 to 25 talented performers.

These 25 semifinalists wowed audiences and the panel nightly over the last five days, according to Stampede Talent Search committee chairman Andrew Bunka.

"We're very excited and proud to showcase another incredible display of young talent," said Bunka.

'The calibre of skill and variety most certainly increases each year and 2015 is looking to continue that trend."

He added, "The Stampede Talent Search has become a place for young performers to refine their craft and pursue their passions.'

The Calgary Stampede Talent Search is known for producing winners that have gone on to successful careers.

Previous winners include chart-topping country singer

BACKGROUND

A number of Calgary Stampede Talent Search winners have gone on to have illustrious careers in the arts. Country crooner Paul Brandt, actor Shawn Kinley and opera singer Gordon Gietz are all past winners.

KRISTA SYLVESTER/FOR METRO

Paul Brandt, world-renowned opera singer Gordon Gietz, and international touring actor Shawn Kinley, to name a few.

The remaining 25 contestants will now go on to the semifinal round taking place Thursday, July 9 and Friday,

In the semifinals, the 12 highest scoring contestants will move on to the final round of competition held on Saturday, July 11.

All of the shows take place in the Boyce Theatre from 6:30 p.m. until 8 p.m. KRISTA SYLVESTER/FOR METRO



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BIO

Toronto 2015 will be Adam van Koeverden's first appearance at the Pan Am Games. He is scheduled to race in the K-1 (single kayak) 1,000-metre race.

Born: Toronto, Ont., January 29.1982

Educated: McMaster University (honours bachelor of science in kinesiology), 2007

Olympic Medals: Gold: K-1,500 metres, Ath-

ens 2004

Silver: K-1,500 metres, Beijing 2008; K-1 1,000 metres, London 2012

Bronze: K-11,000 metres. Athens 2004

World Championship

medals: Gold: K-1. 500 metres. 2007: K-1 1,000 metres.

2011 Silver: K-11,000

metres, 2003: K-1 1,000 metres, 2005: K-1 1.000 metres, 2007

2005; K-11,000 metres,



Adam van Koeverden at the **Burloak Canoe Club, Oakville,** Ont., on July 2. LIZ BEDDALL/METRO



Unlike a lot of sports that are dominated by Americans, van Koeverden's biggest competitors are European - and they're are not in the **Pan Am Games**

Bronze: K-1,500 metres, 2009; K-1,500 metres, 2010



In the latest of a series of conversations with influencers, we visit with the **champion kayaker** before the Pan Am Games

HIGH HOPES FOR **HOMETOWN HERO**



Gilbert Ngabo Metro | Toronto

Adam van Koeverden is excited that the 2015 Pan Am Games have come to Toronto — and not just because of the competition.

When Metro paid a visit to the star kayaker's morning training session at the Burloak Canoe Club in Oakville, Ont., a little over a week before the Games' official kickoff, the Toronto native said he's already thinking about the Games' enduring legacy.

As a two-time world champion four-time Olympic medallist (yes, there's a gold in there), he knows from experience that major sporting events are bigger than sports. When China hosted the 2008 Olympics, where he won a silver medal in K-1 (single kayaker) 500-metre event, the hot topic was the country's human-rights record. It was "a good thing" that the world talked about those issues because of the Games, he said.

The Greater Toronto Area might not have that kind of reputation to contend with, but, van Koeverden said, the Pan

Am Games is an opportunity to improve infrastructure, city planning, traffic and transportation issues — and not just in Toronto proper, either.

"You can call these the Golden Horseshoe Games," he said. "They benefit the entire region. It's what made the original bid so attractive. When you get an Olympics or the Pan Am Games, all of the issues that were on the back burner get done."

Citing the recent completion of an express rail line between Toronto's Pearson Airport and downtown's Union Station as a case in point, van Koeverden also

mentioned the two most pressing transit issues in Toronto: Expansion of the city's subway system and modernization of the elevated Gardiner Expressway.

"If we get the Olympics, guess what? I bet they're done. That's what it takes - something; a deadline."

Van Koeverden has high hopes for his hometown.

Citing, with evident pride, the city's multicultural composition, he said he would like his sports peers to get out of the athletes' villages and experience the wider city.

"I think one of our greatest



Adam van Koeverden

assets is our neighbourhoods," he said. "When my Romanian friend visited I took him to Spadina for soba noodles.

"A Romanian, in Chinatown, for Japanese noodles. That's metr®NEWS | Canada Thursday, July 9, 2015 | 15

How a gold-medal kayaker trains



Two weeks before competition Adam van Koeverden went to a bar. He had a soda and left at 9:30 p.m.

Practice isn't everything, he says. Recovery is just as important.

"It's something people don't

recognize — training breaks down your body. Rest builds it back up," van Koeverden told Metro in an interview following practice at the Burloak Canoe Club in Oakville, Ont.

He does drink alcohol, eats whatever he wants and does stay up late. But this close to competition, he adjusts his routine.

Here's what his days are like: 6 a.m.: The alarm clock goes off. Maybe he'll hit snooze before having a coffee and a banana or yogurt.

6:30 a.m.: He starts the drive to Oakville and, no, he doesn't get to drive on the HOV lanes. He's stuck in traffic with the rest of the hapless commuters, listening to CBC radio.

7:30-ish: Van Koeverden hits the water for a two- to 2.5-hour practice session. This is considered short. "This close to competition, I'm past the extreme endurance phase," he says.

9:30-ish: Once practice is done, it's time to put away the kayak. At this time of the year the Burloak Canoe Club is full of children at summer camp. "They look at me and wonder, 'Who's this old guy?" the 33-year-old Van Koeverden said.

10 a.m.: Sporting shorts and a T-shirt, van Koeverden drives to Whole Foods in Oakville for

breakfast. This is his reward for a hard morning of paddling. The cashier knows him, not as an athlete, but as a regular customer. Last Thursday he ordered a breakfast sandwich with a side of bacon, having given up his brief stint with vegetarianism. "I'm not obsessed with my diet, as most people are — non-athletes and athletes alike. It's the new religion, I think. There's being mindful and thoughtful

about what you eat, and then there's being like, proselytizing about what you eat, and blogging about what you eat, and taking pictures of your food constantly. I just think there's something wrong with that."

Afternoon: Van Koeverden goes to the gym about two to three times a week. At least once a week he goes for a jog, saying the highlight of his week was his Sunday morning run.

AVK's Canadians to watch

BASKETBALL

"Basketball is one of the most accessible sports and you get an excellent crosssection of youth."

MARK OLDERSHAW, SPRING CANOEIST

"He just got married, had a pretty good world cup and he's our flag bearer. This is the 'Summer of Mark.'"

ANDRE DE GRASSE, SPRINTER

"What more do people look forward to than the 100-metre sprint?"



Adam van Koeverden trains at the Burloak Canoe Club in Oakville, Ont., on July 2. LIZ BEDDALL/METRO

ACCESSIBILITY

Build it and they will come, says Olympian

Melita Kuburas Metro | Toronto

At 8 a.m. on a weekday in the summer, school's out and Adam van Koeverden's home canoe club is bustling with teenagers.

About a dozen of them with concerted faces paddle by in a war canoe — likely those who are striving to be champions. Others are likely just there to splash around because their parents want them to, but that's great too, van Koeverden says.

Van Koeverden, who studied cultural and socio-economic barriers to sports as part of his kinesiology program at McMaster University in Hamilton, Ont., recognizes that in most places in Canada, due to a lack of funding and infrastructure, kids don't have such easy access to sports equipment and facilities. That's something he hopes will change, in part thanks to large-scale events like the Pan Am Games.

"It takes a community to create a community sports program," he said. "It doesn't take just one person. It takes a lot — and the upkeep, and the sustainability of it is really based on people and their hard work."

But before you bring a group of people together to work towards a common goal, he said, you need a place for them to be: a facility. And that's why investing in sports infrastructure matters, he said

His canoe club, formerly known as the Oakville Racing Club, was founded in 1974 by sprint paddler Bill Collins. It was established on an old sewagetreatment plant that the town no longer had any use for.

They've come a long way since then. The aquatics centres, gymnasiums, fields and bike parks built for the Pan Am Games are going to have a lasting impact on Toronto and the surrounding area, van Koeverden said, pointing to the Toronto Pan Am Sports Centre (IPASC) facility in Scarborough, which includes two Olympic-sized swimming pools, a running track and a diving program.

"As long as we install all the necessary infrastructure and resources post-Pan Am in that place, then I guarantee there'll be an Olympic swimmer from Scarborough," he said. "And if there's one Olympic swimmer, it means that there are 3,000 kids who are swimming. And that's the important thing."



On Americans who might consider going into paddling

I would tell them to go for a sport that offers scholarships and a paycheque.



On Pan Am's marketing

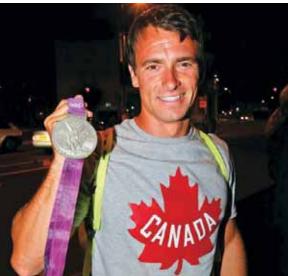
There aren't enough posters. Kinky Boots has more posters than the Pan Am Games.



On how we started paddling

My mom was concerned I was going to find trouble after school. Canoe club was her solution.





Adam van Koeverden, left, leads the Canadian delegation during the opening ceremony of the 2008 Beijing Olympic Games. Right: Van Koeverden shows off his Olympic silver medal after the London Games in 2012, GETTY IMAGES

HEALTH CANADA

New rules govern medical marijuana

Medical marijuana users can legally consume other forms of the drug beyond the traditional dried version under new Health Canada rules that follow a recent ruling by the Supreme Court of Canada.

The department says licensed medicinal marijuana producers can now produce and sell cannabis oil and fresh marijuana buds and leaves as well as the dried form.

But they'll have to comply with the same terms and conditions on dried marijuana including making sure the product is shipped in child-resistant packaging as well limiting the amount of the active ingredient in the drug.

Health Canada says while the courts require reasonable access to a legal source of medical marijuana, the government's position is that it must be done in a controlled fashion to protect public safety.

The directive expanding access is the government's response to the top court ruling in June that expanded access to the drug and said limiting medical consumption to dried pot infringed the liberty protections of the Charter of Rights and Freedoms.

THE CANADIAN PRESS



Restricting medical access to (mariiuana) to its dried form is inconsistent with the Charter ...

Supreme Court ruling



FIRST NATIONS BLANKETED WITH GIFTS Environmentalist David Suzuki receives gifts from Chief Shane Gottftuedson, left, and National Chief Perry Bellegarde at the Assembly of First Nations meeting in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

VANCOUVER ISLAND

Orphaned bears remain in limbo

The fate of the two bear cubs spared by a conservation officer on northern Vancouver Island remains unclear.

B.C. Conservation Officer Service Insp. Chris Doyle says the cubs show signs of being habituated to humans and that animals that come into conflict with people are usually destroyed.

Conservation officer Bryce Casavant was suspended after he reportedly refused an order to euthanize the eight-week-old cubs last weekend.

mobile home in Port Hardy. The bears were orphaned when their mother was killed for breaking into a meat freezer inside a mobile home in Port Hardy. The cubs - who have been named Athena and Jordan — are being held at the North Island Wildlife Recovery Association.

The association's Robin Campbell says the officer made the right decision not to kill the cubs because they only came back to the property looking for their mother, are healthy and remain afraid of people

 like normal bears. THE CANADIAN PRESS

Bar extremists from Canada, senators say

SECURITY

Training and certifying imams among suggestions

The federal government should outlaw membership in a terrorist group, bar radicals from Canada and look at forbidding the glorification of extremists to protect the Canadian way of life, a Senate committee says.

The Senate security and defence committee also recommends creation of a "wanted terrorist" list and urges the government to explore options for training and certification of imams in Čanada.

In addition, it calls on the government to work with Muslim communities to create "an effective counter-narrative" to denounce the ideology of Islamist fundamentalism.

These are among 25 recommendations in the committee's interim report flowing from nine months of hearings on security threats facing Canada. The report examines terrorist recruitment, operations, financing, prosecutions and other aspects of what it calls the genuine threat of violent extremism.

Canadians must tackle the issue in a thoughtful, balanced way without undermining the values "that make us great," the

report says. "Our goal is to lessen the risk to all Canadians, including the risk to vulnerable young Canadians who might be lured to extreme ideas and violent action.'

The report represents the views of the Conservative majority on the committee, but lacks the backing of Liberal members.

One recommendation urges the government to establish a list of 'ideological radicals" deemed to be a security threat and keep them out. THE CANADIAN PRESS

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NEWS | Canada Thursday, July 9, 2015



A wildfire blazes beyond a treeline in the La Ronge, Sask., area in this July 5 handout photo. Fires and smoke have forced about 9,000 people from their homes in more than 50 communities in the northern part of the province.

Soldiers help battle fires

SASKATCHEWAN

Foreign crews set to help further west

Soldiers began helping crews fight wildfires threatening communities in northern Saskatchewan on Wednesday, as other Western provinces called in help from foreign countries.

About 360 troops were out building fire guards and clearing brush near La Ronge and Montreal Lake.

Steve Roberts with Saskatchewan Wildfire Management said crews were making some progress and better visibility allowed aircraft to dump water on some flames.

He said the fire situation across Western Canada is so busy that it is a challenge for provinces to get enough firefighters.

"As we started down the road with these fires, Alberta and British Columbia fire hazards escalated, the numbers of fires increased and they had community evacuations as well," Roberts said.

"That has stretched the avail-

ability of resources across the

Flames and thick smoke have forced an estimated 9,000 people from their homes in Saskatchewan. Crews from Quebec, Ontario, Newfoundland, New Brunswick and South Dakota have been helping out.

Roberts said the province was in discussions the United States government about the possibility of more crews coming north.

The La Ronge First Nation was also seeking volunteers to help fight fires, including evacuees.

The Canadian Interagency Forest Fire Centre, which coordinates firefighting services for the provinces, territories and Ottawa, said Canada may have to seek more help from abroad.

The latest report on the agency website said the wildfire hazard is extreme and major wildfires "have the potential to exhaust agency fire resources nationally."

"International mobilization of resources through international co-operators is likely," reads the website. "National resource levels are insufficient to meet occurring and anticipated wildland fire activity." THE CANADIAN PRESS

IN BRIEF

B.C. premier gets peek at wildfire base near Whistler

British Columbia Premier Christy Clark visited a community north of Whistler on Wednesday to get a closer look at the one of the province's largest wildfires.

Clark was in Pemberton, which is 67 kilometres east of the Elaho fire, a 200-squarekilometre blaze that was sparked by lightning and first discovered on June 14.

Fire information officer Kevin Skrepnek said nearly 190 fires were burning around the province, with 31 new ones starting Tuesday.

Kurtis Isfeld of the BC Wildfire Service said he predicts about 30 wildfires will erupt every day, and officials have begun prioritizing them based on human life and safety, property, critical habi-THE CANADIAN PRESS

Ontario sends firefighters, equipment to B.C.

Big hills and bigger mountains are the most significant differences confronting a team of Ontario firefighters as they prepare to start work in British Columbia.

The group of 70 firefighters, sent to B.C. by Ontario's Ministry of Natural Resources earlier this week to help combat wild land fires, are facing a much different terrain than their usual Ontario landscape. "The biggest difference is the

topography, mountains, valleys, a lot of hills in British Columbia (compared to) relatively flat in Ontario," Fred Welch, a program co-ordinator for the ministry, said from Edmonton. The geography creates chal-

lenges for the team, including fatigue, but Welch says it's not a problem. "Our crews are well-versed

in working in other provinces; we've been there a number of times," Welch said. "When we go

to other provinces, we're made aware of their safety policies and procedures as well of our own."

The Ontario team will get assistance from B.C.'s fire management officials, including detailed briefings, and the pairing of staff from Ontario with local firefighters to help them get going, he says.

B.C. requested the help through the Canadian Interagency Forest Fire Centre, which sends firefighters and equipment across the country when needed.

Ontario also sent two CL-415 heavy water bombers, a Birddog aircraft and seven aviation personnel, according to Debbie Mac-Lean, a spokeswoman for the Ministry of Natural Resources.

The deployment to B.C. comes as wild land fires rage across parts of western Canada, including Saskatchewan, Alberta and the Northwest Territories.

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Greece asks Europe for three-year aid program

ECONOMIC CRISIS

Government races to draft new reform proposal

Greece requested a new threeyear rescue program from its European partners on Wednesday and rushed to complete a detailed plan of economic reforms in time to avoid the country's descent into financial chaos.

With the banking system teetering on the edge of collapse, the government sought to reassure its European creditors that it would enact tax and pension reforms quickly in exchange for loans from Europe's bailout fund, the European Stability Mechanism.

In its formal request to tap the fund, the Greek government said it would "immediately implement a set of measures as early as the beginning of next week."

After months of fruitless negotiations with the Greek government, the skeptical European creditor states have said



Greek Prime Minister Alexis Tsipras said Greece's troubles predated his arrival in office in January and condemned the "austerity experiment" his country has endured over the past five years that he blames for spiraling unemployment and poverty.

THE ASSOCIATED PRESS



Greek Prime Minister Alexis Tsipras, left, is welcomed as he arrives at the European Parliament in Strasbourg, eastern France, on Wednesday. JEAN-FRANCOIS BADIAS/THE ASSOCIATED PRESS

they want to see a detailed, costaccounted plan of the reforms by Thursday. That is meant to give the creditors enough time to review the plan before leaders of the European Union's 28 countries meet on Sunday in what has been termed as Greece's last chance to stay in the euro.

In the letter, the Greek government said it was aiming to be able to finance itself once the new aid program is over in three years.

Without a deal, Greece faces an almost inevitable collapse of the banking system, which would be the first step for the



Guarded optimism is the theme today, as the eurozone gives Greece one final deadline.

Chris Beauchamp, senior market analyst at IG

country to fall out of the euro. Markets are holding up despite the apparent ultimatum, with many investors predicting a last-minute deal. The Stoxx 50 index closed up 1 per cent.

"Guarded optimism is the theme today, as the eurozone gives Greece one final deadline," said Chris Beauchamp, senior market analyst at IG in London

Prime Minister Alexis Tsip-

ras, addressing lawmakers at the European Parliament, said his country is seeking a deal that would bring a definitive end to his country's financial crisis. Greece has had two bailouts from its European partners and the International Monetary Fund since May 2010, totalling 240 billion euros (\$260 billion).

"We need to ensure the medium-term funding of our country with a development and growth program," Tsipras told lawmakers in Strasbourg, France.

The head of France's central bank said he feared the "collapse" of the Greek economy and "chaos" if Greece doesn't strike a deal by Sunday.

In unusually strong language, Christian Noyer told Europe-1 radio he predicted "riots" in Greece if no deal is reached.

He also indicated the European Central Bank would effectively pull the plug on its emergency liquidity measures for Greek banks if no deal is struck.

Greece's main business and tourism associations predicted an "explosion of unemployment" if no deal is reached.

Tsipras insisted he has "no hidden agenda" to drive Greece out of the euro and that last Sunday's referendum result, in which voters soundly rejected a previous creditors' reform proposal, does not mean a break with Europe.

Applause rose from left-wing quarters in the EU Parliament when Tsipras said aid to Greece only helped out banks, not ordinary Greeks. A few called for compromise.

The head of a conservative group in the parliament, Belgium's Guy Verhofstadt, said he was "furious" at Tsipras' failure to spell out specifics of his reform plans.

In Greece, meanwhile, people were struggling with an eighth day of limits on money withdrawals and closed banks. Greeks cannot take out more than 60 euros (\$67) a day from ATMs and are unable to send money abroad, including to pay bills or to stock their businesses, without special permission.

HUNGAR

Posters parody 'hate' ads

Hundreds of crowd-funded derisive billboards with messages like "Sorry for our prime minister" and "Come to Hungary, we've got jobs in London" have been plastered across the country to counter the Hungarian government's antimmigration campaign.

Gergely Kovacs, president of the humorous Two-Tailed Dog Party, said Wednesday that over 7,000 people donated 33.3 million forints (\$115,000) for the campaign organized jointly with Atlatszo.hu, a group of investigative journalists.

"We would like to offset the government's hate campaign," Kovacs said while standing near a billboard saying "I survived the Hungarian anti-immigration campaign!"

"The main issue is the (government's) way of spending our money on a campaign that tells us who to hate and why," he added.

Facing an unprecedented number of migrants and refugees — 73,000 so far this year — Prime Minister Viktor Orban's government rejects most economic immigrants and has put up billboards with slogans like "If you come to Hungary, you cannot take Hungarians' jobs."

It has also sent out questionnaires to voters linking migrants to terrorism and criticizing the European Union's migration policies.

Last week, the government said it would soon start work on a four-metre-high fence on the border with Serbia to stem the flow of migrants.

Government spokesman Zoltan Kovacs charged the mocking campaign with being "irresponsible" and supporting illegal immigration. THE ASSOCIATED PRESS

MIDDLE EAST

Hit Saudi TV show mocks extremism

A new television program has become a hit in the Arab world by mocking some of the region's most serious issues, from the intractable Sunni-Shiite divide and religious extremism to the brutality of militants like the group Islamic State of Iraq and the Levant (ISIL).

The show, "Selfie," has also brought a backlash. ISIL sympathizers have made death threats against its Saudi star and top writer on social media. One mainstream Saudi cleric denounced the show as heresy for mocking the country's ultraconservative religious establishment. That has made it the buzz of the current Muslim holy month of Ramadan, which is the peak television viewing season in the Middle East.

Naser al-Qasabi, the series' star, and its writer Khalaf al-Harbi said that they expected the backlash, but weren't prepared for the popularity. It's one of the top shows on MBC, the privately owned Saudi network that airs "Selfie." THE ASSOCIATED PRESS



IN BRIEF

Teen rescued from falls

Three people had to be rescued after their canoe plunged over a waterfall on the U.S.-Canada border in northern Minnesota, including a teenage boy who was airlifted to safety after spending hours in the water trapped under a log. Police received a call around 1 p.m. Tuesday about the incident on the Upper Basswood Falls and it took over four hours for rescuers to reach and free the boy. The falls have a drop of up to 10 metres. THE ASSOCIATED PRESS

UNITED STATES

South Carolina still debating removal of Confederate flag

The South Carolina House opened what could be its final debate over the Confederate flag Wednesday, deliberating a proposal that might remove the banner from the Capitol grounds before the end of the week.

The House is under pressure to act after the state Senate passed its own measure, which is supported by Gov. Nikki Haley. But some Republicans proposed changes to the Senate bill that would preserve some kind of symbol in front of the Statehouse

to honour their Southern ancestors.

Lawmakers who want to bring down the flag are fighting the proposals because any change to the Senate bill could delay by weeks or months the flag's removal, perhaps blunting momentum that has grown since nine black churchgoers were killed last month during Bible study at a historic African-American church in Charleston.

The House rejected four amendments to the Senate bill.

An of them would take down the flag. One would have planted the state flower — yellow jasmine — where the flag currently flies on a flagpole by a monument to Confederate soldiers. Another would have set up a display case of historical flags by the monument.

Opponents of removing the flag talked about grandparents who passed down family treasures and lamented that the flag had been "hijacked" or "abducted" by racists.

THE ASSOCIATED PRESS



DISNEY BILL COSBY STATUE REMOVED News outlets reported that Walt Disney World removed a bust of actor and comedian Bill Cosby from Hollywood Studios theme park in Orlando, Fla. Tuesday. The removal came after court documents unsealed on Monday revealed that Cosby testified in 2005 that he obtained Quaaludes with the intent of giving them to women with whom he wanted to have sex, patrick mairs/the associated press

Accuser not in showbiz

SEX ABUSE CHARGE

Andrea **Constand** defies Cosby's narrative

Bill Cosby has painted many of his accusers as star-struck golddiggers - aspiring models and actresses trying to shake him down to get ahead in Hollywood.

Yet the first woman known to have told police she was drugged and violated by the comedian was a college basketball administrator in Philadelphia who initially asked only for an apology from the man she regarded as her mentor and friend.

Andrea Constand - whose 2005 lawsuit produced damning testimony from Cosby that was released by a court this week stands out among the dozens of women who later accused the comedian of sexual assault, and not just because she helped set off the torrent of allegations that have shattered his nice-guy image as TV's Dr. Cliff Huxtable.

Constand was not in showbiz and had not been exposed to the 1970s-era sex-and-drug scene in Las Vegas and Hollywood. In 2004, she was a former college athlete whose childhood dream had been to become the first Canadian woman to play professional basketball.

"She's a person of integrity, and if there is a wrong, she's going to stand up for it and do the right thing and be a leader," said Joan Bonvinci, who was her coach at the University of Arizona, where Constand helped lead the team to victory in the 1996 National Women's Invitational Tournament.

A decade ago, Constand, then 30, was finishing a third year as operations director of the Temple University women's team and thinking about leaving the sport.

Constand had met Cosby, Temple's most famous alumnus and sports fan, in 2002 and frequently socialized with him, sometimes at dinner parties and sometimes alone, at restaurants or his large suburban home. He invited her for one such dinner on Jan. 4, 2004, to offer her career advice, according to court papers.

According to her account, Constand described how stressed she was about the career decision, and Cosby gave her three pills to help her relax. She took them with water and thought they were herbal supplements, according to her lawsuit.

She said she woke up the next morning feeling sore, with her clothes askew and a vague memory of being fondled.

Cosby, questioned under oath, identified the pills as the cold and allergy medicine Benadryl - something Constand's lawyer doubts would have left the sixfoot Constand "semi-conscious" on a couch until 4 a.m.

She disclosed the encounter to her parents in January 2005. She and her mother called him to demand an apology, which they got, according to the lawsuit. THE ASSOCIATED PRESS



Detroit-area robbery truly a nutty situation

Police in suburban Detroit are having a little fun while asking for help from the public in figuring out who swiped roughly 28,000 pounds of packaged nuts.

Shelby Township police say a truck and trailer packed with 18 pallets of walnuts and other snack nuts were taken the weekend of June 27. Police say the truck and trailer were found July 1 in Detroit,

but the nuts worth more than \$128,000 were gone.

The department on Tuesday issued an appeal for information on its Facebook page — posting a mug shot of a squirrel along with details of the case.

Macomb County has had a few noteworthy animal encounters recently, rounding up a goat in a parking lot and capturing a stray pig. THE ASSOCIATED PRESS

Woman calls 911 to complain about Chinese food order

An Ohio woman has been arrested after calling 911 to complain about an order of Chinese food.

Police say the woman called 911 to say the Chinese food she ordered was not up to par for her likina.

She was arrested and charged with misuse of 911, a misdemeanour.

THE ASSOCIATED PRESS

One-in-50-million splitcoloured lobster caught

A rare orange-brown splitcoloured lobster has turned up off the coast of Maine.

The Press Herald reports that the unusual lobster arrived last week at Pine Point Fisherman's Co-Op in Scarborough. According to research by the Lobster Institute, the chance of finding a split-coloured lobster is one in 50 million.

THE ASSOCIATED PRESS



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Business | metr®NEWS **20** Thursday, July 9, 2015

Fit tracker interest wanes

Sales are strong for devices like Fitbit, but users lose enthusiasm

Deepak Jayasimha's fitness tracker is now with his father-in-law in India, where it sits unused. Annabel Kelly foisted hers off on the kids. Virginia Atkinson took hers off to charge the battery and hasn't picked it up since February.

Although sales of Fitbit and other fitness trackers are strong, many of their owners lose enthusiasm for them once the novelty of knowing how many steps they've taken wears off. One research firm, Endeavour Partners, estimates that about one third of these trackers get abandoned after six months. A health care investment fund, Rock Health, says Fitbit's regulatory filings suggest only half of Fitbit's nearly 20 million registered users were still active as of the first quarter of 2015.

"The question for investors is how long the market will



Sales for fitness trackers such as Basis Peak, Adidas Fit Smart, Fitbit Charge, Sony Smartband and Jawbone Move have been strong, however one research firm says one-third of users lose enthusiasm for them after six months once the novelty wears off. BEBETO MATTHEWS/THE ASSOCIATED PRESS

continue to grow at this rate, and whether Fitbit can execute on growing engagement before ... the number of devices sold per year reaches saturation," Malay Gandhi, a managing director at Rock Health, wrote on a blog.

Abandonment affects all manufacturers of fitness trackers, which are relatively cheap at about \$100 and are com-

The question for investors is how long the market will continue to grow at this rate.

Malay Gandhi, Rock Health managing director

monly given as gifts. Fitbit gets the spotlight because it started trading publicly last month and has 76 per cent of the U.S. market share by revenue, up from 64 per cent a year earlier, according to the NPD Group.

Investors and analysts are bullish on Fitbit's prospects. Its stock value has more than doubled since the initial public offering. Analyst William

Power at Baird Equity Research said Fitbit had room to grow worldwide, as only a quarter of its revenue came from outside the U.S. last year. Power also wrote that Fitbits remain popular among employers and insurance companies looking for ways to keep people healthy. Fitbit is also profitable, earning \$132 million last year on revenue of \$745 million.

The company's market valuation of \$8.6 billion is high compared with earnings so far, which could point to enormous growth potential — or simply overvaluation.

Fitbit now has competition from Apple Watch and other smartwatches that do what fitness trackers do and more, such as showing news updates and boarding passes for flights.

If people aren't using their trackers, they won't recommend them to friends and family or upgrade when a new model comes out, said Dan Ledger, an analyst at Endeavour Partners. They also won't pay for premium subscription packages, a potential growth area for Fitbit.

Fitbit had no immediate comment. THE ASSOCIATED PRESS



🛑 IN BRIEF

Sherson Group files for bankruptcy protection

Shoe distributor Sherson Group Inc., which operates Nine West retail stores in Canada, has filed for bankruptcy protection with the Ontario Superior Court.

Court documents say the Toronto-based company owes \$32.2 million to more than 60 different suppliers, lenders and businesses.

Included on the list is \$4.7 million owed in loans to the Bank of Montreal and \$19.1 million to Nine West Group Inc., the New Yorkbased company which licences its name to Sherson Group. THE CANADIAN PRESS

market minute



DOLLAR 78.49¢ (-0.18¢)



TSX 14,412.07 (-212.43)



OIL \$51.65 US (-\$0.68)



GOLD \$1,163.50 US (+\$10.90)

NATURAL GAS: \$2.685US (-3.1¢) **DOW JONES:** 17,515.42 (-261.49)

ONLINE GAMBLING

BC Lottery to pay out \$1.1M

The BC Lottery Corp. says it is paying nine gamblers nearly \$1.1 million because of a software error in one of its online video games.

The error was found in a bonus feature, called a progressive jackpot, in the online

Do you Want a Career

slot-machine game the Wizard

Spokeswoman Susan Dolinski says an error message appeared when players hit the jackpot and they didn't get paid.

The corporation says it

removed the game from its PlayNow.com website June 10, conducted a review, discovered the error and identified nine players who had won the progressive jackpots totalling nearly \$1.1 million.

THE CANADIAN PRESS/CHNL

Technical glitch forces early morning closure of NYSE

It was already a tough day in the market when the unexpected hit. The New York Stock Exchange (NYSE) halted trading late Wednesday morning because of technical trouble.

The outage came as traders had plenty of other things to worry about. Concerns about China's plunging stock market and a logjam in talks between Greece and its creditors weighed on the mood. Major indexes were already falling before the shutdown, which occurred shortly after 11:30 a.m. eastern time. NYSE resumed trading at 3:10 p.m.

The exchange didn't say what caused the malfunction but deIt's disruptive, but not wildly disruptive.

Tom Caldwell

scribed it as internal and not the result of hackers.

The broader stock market stayed open as orders to buy and sell kept flowing to the Nasdaq and other exchanges around the country.

Tom Caldwell, who runs an investment firm with stakes in several exchanges, said there are some 60 exchanges and trading venues that can take orders when one goes down, so investors shouldn't get rattled.

"It's disruptive, but not wildly disruptive," said Caldwell, chairman of Caldwell Securities.

U.S. President Obama was briefed on the situation, according to White House spokesman Josh Earnest. Officials told the president there were no malicious actors involved.

U.S. markets have been dogged by technical problems over recent years as more trading is handled by computers. In May 2010, the Dow plunged hundreds of points in minutes in an incident that later became known as the "flash crash."



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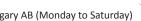
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Sector rebound won't offset job loss

Canada's wood products sector is expected to enjoy a recovery through the rest of the decade but the turnaround won't replace all of the 50,000 jobs lost since the downturn, industry observers said Wednesday.

The recovery in U.S. housing construction and a weaker loonie is driving much of the improvement and should offset

a cooling Canadian housing market and the possibility of softer demand from China, according to a study published by the Conference Board of Canada.

Unifor, the union that represents forestry workers, agrees the trends are positive, but says policies allowing unprocessed logs to be exported are hurting iob creation.

Union official Scott Doherty said only about 10,000 of the up to 50,000 jobs that disappeared following the 2008 financial crisis have returned. The Forest Products Association of Canada says the national industry hopes to hire 60,000 people, including more women, aboriginals and new Canadians by the end of the decade. THE CANADIAN PRESS

metræviews

Your essential daily news

Thursday, July 9, 2015

URBAN ETIQUETTE: ELLEN VANSTONE



THE QUESTION

Is there a 'side' to sidewalks? And other foot-traffic dilemmas solved, just in time for summer tourists or Pan Am crowds to hit the streets near you.

Wyndham Lewis, in his 1954 novel Self Condemned, famously called Toronto a "sanctimonious icebox." But Lewis was a notorious misanthrope who also said, "It is more comfortable for me, in the long run, to be rude than polite" — so you can guess what I think of him.

The point is that present-day Toronto, like all cities across Canada, is a much friendlier burg than the dull, mainly Anglo-Saxon centre he once despised. And now is the chance to prove it while Hogtown hosts some 250,000 visitors expected at the Pan Am Games from July 10 to 26.

Yes, the invading hordes are bound to test our patience as they clog up pedestrian thoroughfares with their rubbernecking, sight-seeing, dawdling ways. But it's also a perfect opportunity to show off our Canadian politeness — and for me to remind you, dear reader, on proper pedestrian behaviour. Herewith, a refresher course on the basic rules of street etiquette.

Is there a "side" to sidewalks?

People generally keep to the right, but all bets are off when dealing with strangers from strange lands where our right-of-way rules might not apply. When faced with oncoming meanderers, do a quick shoulder-check, step aside and let them pass. If you and your companion favour an old-fashioned approach, walk on the curbside if you're male, a tradition that once saved ladies' dresses from mud-spattering vehicles.

Slow walkers

Few things are more frustrating that being stuck behind a gaggle of molasseswaders when you're in a hurry. But it's perfectly all right to pass — as long as you do it without elbowing anyone aside.

Close walkers

Don't walk too closely behind anyone, breathing down his or her neck. If they stop suddenly, it's your neck that will suffer when you collide and go flying. This goes double at night, when close walking behind checking for oncoming foot traffic. It's always tempting to "accidentally" bump into them, ensuring they'll think twice next time they fail to merge properly. But to do so would be passive-aggressive, which is the worst kind of rudeness.

Cellphone addicts

Everybody knows that texting while driving is dangerous. It's also ill-advised while



Yes, invading hordes are bound to test our patience. But it's also a perfect opportunity to show off our Canadian politeness.

people, especially women, makes them feel threatened. The proper procedure in the dark is to speak up ("Hey, don't be alarmed — I'm just passing on your left") as you make a wide berth around them.

Stopping for no reason
This is my pet peeve —
people who stop at the top
or bottom of stairs while
the rest of us pile up behind
them, or those who lan-

guidly exit a store without

walking on a busy street. Staring at your phone as you blunder down the sidewalk or cross an intersection is asking for a collision. Getting into a car or cab

Traditionally, the man opens the door for the woman before going around and getting in the other side. As a modern feminist, I never resent the old-fashioned gesture, but it's not de rigueur, and it's an outright faux pas if the woman finds

panion is older, however, it's always more polite — regardless of sex — to offer them the near-side door and then schlep to the far side so they don't have to slide across the hot, sticky seat to make room for you. Entering and exiting store doors — who has the right of way?

it overly quaint. If your com-

Short answer: no one.
Well-mannered folk will let
the other person through regardless of direction, though
admittedly there's a risk of
getting stuck when you hold
a door open for one person
and 20 more follow. At some
point, you may gracefully
hand off the door to some
other paragon of politeness
and slip through a gap — as
long as you don't slam the
door in anyone's face while
you're at it.

Revolving doors

It will surprise some readers to learn that a gentleman traditionally goes through first, a holdover from the days when women were deemed too weak to push the heavy mechanism themselves. The same rule applied to going down steps or exiting a plane, train or bus: if the lady tripped on her petticoats, the man in front would provide a cushion to her fall. Nowadays, it doesn't matter which gender takes the lead — as long as you don't cut anyone off. Most importantly, be nice

The best advice comes from Emily Post, who wrote the book on manners in 1922. Some of her dictates were ridiculous "Ladies should carefully avoid ... all undue liveliness in public"). But her overall rule is still absolutely relevant: Never do anything that is unpleasant to others.

CARTOON BY ANI CASTILLO

ROSEMARY WESTWOOD

metroview

Great adventures make great stories: Balloon man proves it

Now there's a story.

A man sits in a plastic lawn chair attached to 100 helium balloons and floats over the Calgary Stampede grounds, in a bid to earn more business for his cleaning company by landing in the middle of the chuckwagon races.

The winds pick up, he's getting pulled off course (not that he has any contraption to keep him on course; he's on a lawn chair). As the balloons lift him higher and higher, he opts for plan B, jumps, uh, chair, and pulls chute.

Descending with a parachute, he escapes with a rolled ankle and a mischief charge. There were hundreds of thousands of people below this guy, police told the newspapers. "The last thing we want to see is anybody injured."

Or to translate: "The last thing we want to see is anybody do anything interesting." Police, our uniformed spoilsports.

But I'm with balloon man, aka Dan Boria, on this one: "It was the most fun thing I've ever done."

And it's the best "This one time..." story I've heard in awhile. The kind of story that you recount in your 80s to pick up ladies at the retirement home. The kind of story your kids tell your grandkids.

You know what doesn't

make the memory books? Always following the rules.

My parents are in town for a visit. I wouldn't call them daredevils, but then you get Dad talking about the time he sailed the Atlantic and hitchhiked across Europe.

There were the nights he figured out how to unlock London's double-decker buses, and sneaked in for a good sleep. There was the time he rescued his scooter from a mechanic's lot in France. He used to build his own boats (using his mum's best sheets).

When you're older, and the days pass with more mirrored regularity, and maybe you've lost the youthful gall to fly by helium balloons, the best things you've got are the stories of your life.

I'm already afraid for how boring I'll be. CBC Radio's Definitely Not the Opera is always looking for story submissions. "When did being mistaken for something you're not let you discover who you really are?" or "When did a musical instrument change your life?" or "Tell us your stories about body art!" The questions arrive every week by email. And every week, I've got nothing.

So, I clearly need to up my story-game, and I think I could take inspiration from Boria. Especially the part where he lives to tell the tale.



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Thursday, July 9, 2015



ACCESSORIES

Plastic water bottles are so '90s — invest in one of these beauties

Melissa **Dunne** For Metro | Life



The It Accessory of Summer 2015 isn't a beach bag, or a pair of sunnies or cute sandals — it's a reusable water bottle.

Yes, the lowly utilitarian item's time has finally come again. Not that long ago, people didn't carry water around with them everywhere they went (I know, wild,

Then, at some point in the '90s it became tres passé to carry around bottled water, you know, because of the environment. Nalgene bottles were all the rage, for a while. But plastic bottles, whether one-time use or reusable, really went out of style when there was a groundswell of worry over BPA in the late 2000s.

Tom Selleck sued for allegedly stealing water during drought

Enter S'well et al. While people were so over plastic though many are now made BPA-free), there remained a thirst for bottles that are safe and stylish. Reusable bottles that keep your drinks cold are so cool right now, they are being featured in the likes of Vogue. The fashion bible featured a black S'well bottle in a list of items to put in a Céline Curve bag. We say save yourself about \$2,356 for the cost of that It Bag and buy yourself an It Bottle instead. While the S'well bottle is a hefty \$39.50 for the 500 ml, you'll quickly make your money back filling your bottle with tap water, rather than buying one-time use bottles for a few bucks a pop.

Here are some of the most stylish bottles for sale this summer:



S'WELL

These stainless-steel bottles come in a rainbow of sizes and colours, from Pink Satin to Teakwood. Get one to match every outfit. Swellbottle.com. \$39.50 for a 500 ml bottle

ASOBU

The Flavour It 2 Go bottle is **BPA** free and lets you add in fresh fruit to the built-in infuser. asobubottle.com. \$13 for a 590 ml bottle





The glass and silicone bottles come with quirky names, such as the Lolita in opaque blackberry. mybkr.com. \$33 for a 500 ml bottle

VAPUR

The Anti-Bottle bottle is perfect for the fit fashionista, it stands upright when full and flattens when empty, so you can stash it away (not that you'd want to). vapur.ca. \$16 for a 1 L bottle



Mad couture electrifies fall-winter couture shows in Paris



Viktor & Rolf on the runway. RAFAEL YAGHOBZADEH/THE ASSOCIATED PRESS

As couture week in Paris entered its final furlong, the French capital was electrified by eccentric, creative designs. Here are the highlights of the fall-winter 2015-16 shows on Wednesday.

Viktor & Rolf in the frame

Should fashion be considered art? That existential debate has gone on for decades.

Dutch duo Viktor Horsting and Rolf Snoeren tried to put the question to rest by wrapping their latest couture creations in giant picture frames and blank canvasses — an ingenious, creative and hilarious idea.

The bespectacled designers stood at the foot of the white, sanitized catwalk holding squashed white-framed canvas shapes crushed into abstract, often A-line, skirts. A model would appear, wearing nothing but a plain loose indigo minidress, and get "framed" by the designers, who fitted her into the skirt.

Beyond getting fashionistas chuckling, they produced some very thought-provoking looks. The show was a work of art but was it wearable fashion?

Elie Saab's princesses

The Lebanese designer's subdued couture collection featured long lace column gowns with glimmering organic embroideries that seemed to have delicately grown up on them like the plants and vines in the fairy-tale princess's tower. Sheer tulle sections in the skirts and torso played on transparency, evoking the three-dimensionality of flora.

The models, who wore organic golden crowns, made it clear this indeed was a collection aimed at women who see themselves as princesses.

Gaultier goes Breton

The Breton stripe, as worn by sailors, has become synonymous with Jean Paul Gaultier over the years (alongside the conical bra.)

So Wednesday's fall-winter couture collection — inspired by the French region of Brittany - seemed like a wholly natural place for the French designer.

The collection saw lashings of Breton stripes, in blue and white tights, sheer black velvet blouses — and traditional lace Breton tube hats in exaggerated heights.

THE ASSOCIATED PRESS

metr

LIFE | Style Thursday, July 9, 2015 **23**



BERTRAND GUYON

ALL PHOTOS: GETTY IMAGES AND

THE ASSOCIATED PRESS

Schiaparelli evokes the '30s

Celebrity guests including Meg Ryan were swept away to the glamour of 1930s theatre life at Bertrand Guyon's debut collection for Schiaparelli. And what better a setting than to start exploring the theatricality of the great couturier Elsa? Famed for inventing shocking pink and having

beautifully large tubular cuffs.

THE ASSOCIATED PRESS

and the technique of Pointillism associated with artists

like Georges Seurat. The coats were the highest point of this

strong collection, with one standout: a flame-red coat with

collaborations with Surrealists like Salvador Dali, Coco Chanel's hated rival Schiaparelli was one of the greatest and most colourful Parisian designers of the '20s and '30s. The house was recently revived.

In an impressive recreated theatre, Guyon's models hearkened back to another era. Fastidiously embellished '30s Orientalist satin jackets had softly square shoulders. Silk "jabot" collars and voluminous "Duster" coats wafted by with exaggerated pockets, alongside bejewelled eye, star and key lock decorations.

Guyon even referenced the mania for Grecian looks in Schiaparelli's heyday in a couple of diaphanous column dresses with flashes of gold.

Not all the theatrical exuberance worked, especially one overly clashing multicoloured mink coat. But Guyon is certainly moving the house in a welcome, more coherent direction since the departure last year of designer Marco Zanini. THE ASSOCIATED PRESS

KARL LAGERFELD

Chanel's 3D quilting and '80s shoulders

Karl Lagerfeld, 81, says the secret to feeling young is always looking to the future. Nothing demonstrated this better than Chanel's bright, high-tech couture show that featured Coco Chanel's famed skirt-suit jacket made

"I like the idea of taking the most iconic jacket of the 20th century and turning that into an object that was impossible to make when that jacket was invented," explained the couturier.

The quilted jackets were completely seamless and seamstressless — created by feeding Lagerfeld's sketches into a computer

Computers are going to enter more and more in the evolution and techniques of fashion - you cannot resist. On the contrary, if it exists in its time couture will live on," he said. A 1980s flavour





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Two passes to the Advance 3D Screening on July 15



IN THEATRES IN 3D JULY 17

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HANDY

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metr#LIFE | Style Thursday, July 9, 2015 **25**

The look ofthe decade

Survey says bold eyebrows the top look of last 10 years

Heavy eyebrows have been voted the top beauty trend of the past 10 years according to the results of a new survey.

The British Association of Beauty Therapists and Cosmetology (BABTAC) survey revealed that women in the U.K. think defined brows are the most stylish beauty look of the past decade. Stars, including U.K. supermodel Cara Delevingne, have championed the trend and sparked brow envy among beauty lovers on both sides of the Atlantic.

Contouring, a makeup technique made famous by reality TV star Kim Kardashian, was deemed the No. 2 trend.

The concept uses founda-

tions and concealers of differing shades to subtly sculpt the face by enhancing features such as lips and cheekbones, while 'slimming' other features such as the nose. Dark 'berry' lips claimed third

place in the survey, with the 90s-style look proving popular with beauty lovers today. This was followed by the classic red lip look, with smokey eyes proving to be the fifth most popular trend.

Other looks that made the Top 10 list include winged eyeliner, glossy lips, nude lips and drawn-on beauty spots. The least popular trend at No. 10 was the natural look.

A total of 2,844 British women aged 18-73 took part in the survey, with the majority claiming to have learned how to create these looks through trial and error. More than half said they watched YouTube tutorials online to improve their skills.





Kim Kardashian is a champion of the contoured look, while Katherine McPhee is a fan of dark, berry lips.

IN BRIEF

Signs of aging appear in mid-20s, study finds

A study released Monday said different rates of aging can be detected as early as the mid-20s.

The findings in the Proceedings of the National Academy of Sciences' July 6 issue are based on a group of 954 people born in New Zealand in 1972 or 1973. Researchers collected data on the subjects' kidney, liver and lung function, dental health, the

blood vessels in the eyes as well as their metabolism and immune system function at age 26, 32 and 38. They also measured cholesterol, fitness levels and the length of the telomeres.

When scientists looked closely at the ones who had aged more quickly, they found signs of deterioration were apparent at age 26, the age when the first set of biological measurements were taken. AFP

credit amounts.



Cara Delevingne is known for her heavy brows, a style deemed by U.K. women to be the top look of the decade. ALL PHOTOS GETTY IMAGES



A full breakdown of the most popular U.K. beauty looks of the last 10 years:

- 1. Heavy eyebrows
- 2. Contouring 3. Dark 'Berry' Lips
- 4. Pin-up red lips 5. Smokey eyes
- 6. Winged eyeliner
- 7. Glossy lips 8. Nude lips
- 9. Pencilled beauty spots
- 10. The natural look



26 Thursday, July 9, 2015 Books & Music | metr@LIFE

Warner is here to remind yo

CANADIAN MUSIC

Music iournalist examines four chart-toppers

BOOKWORM Sue



Twenty years ago, Alanis Morissette stormed onto the music scene with Jagged Little Pill. At the time, the album was considered loud, shockingly honest and "unladylike" — a perfect anthem for a generation of disenfranchised young women who previously felt they had no voice.

The album's anniversary this June time-travelled fans back to the mid-1990s. Jagged Little Pill made a quick two-week reappearance on Billboard's Top 200 album chart.

Across Canada, there have been tribute nights and lots of media analysis of the continued emotional resonance of Morissette's work.

Like so many fans, Vancouver



Andrea Warner's latest book, We Oughta Know (inset), looks at women on top. CONTRIBUTED

music journalist Andrea Warner, 16 when the album was released, felt empowered by its frankness.

Her debut book, We Oughta Know: How Four Women Ruled the '90s and Changed Canadian Music, examines, from a feminist's perspective, the careers, successes and controversial media personifications of Morissette, along with fellow superstars Shania Twain, Sarah McLachlan and Céline Dion.

When Toronto publisher Eternal Cavalier approached Warner, an associate producer with CBC Music, to write a book, she already had a kernel of an idea.

On sales tracker Nielsen SoundScan, she discovered the four women (all wildly successful by their mid-20s) are among the Top 10 bestselling musicians in Canada. Dion is first place.

To put this in context, the Beatles are at No. 8.

"It made me take stock of the

music industry in Canada, and it gave me pause to take stock of my life," Warner says. "I thought, 'Oh my God, these

four women have been part of my existence in such a strange, almost fairy godmother/evil stepmother kind of way for so long.

Although Warner connected with Morissette's raw anger and with McLachlan's poetics—the book includes an emotional essay about how McLachlan's al-

bum Rarities, B-Sides and Other Stuff helped Warner through the death of her father her relationship with Dion and Twain was more complex.

As a teen, she dismissed Dion as a saccharine pop diva under the spell of her manipulative manager-husband, and Twain as nothing more than a talentless country-crossover Barbie.

"All of these things I ever said about Céline Dion and Shania Twain are completely complicit with preserving sexism and misogyny, and upholding all these horrible things I'm supposedly against," Warner says. "It made me take a look at myself and the worst parts of my personality."

Warner also takes her profession to task, devoting a chapter to the more egregious examples of sexist music journalism, in which the women are referred to, among other terms, as "pinups," "angry young wom(e)n" and "fragile young flowers."

Ultimately, as Warner sug-

gests, you don't have to be a Titanic fan to appreciate Dion's vocal range or to critique Twain's music without referencing those early bare-

midriff years.

These four women

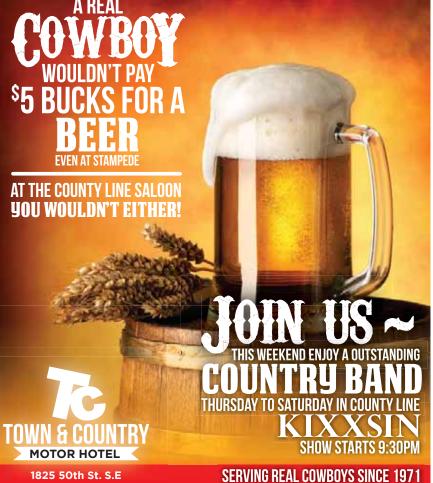
have been part of

my existence ... for

so long.

Andrea Warner

"I think it's so important to pick apart how we build our belief structures," Warner says. "Maybe it's not even about feminism and sexism, but why do we love the things we do? Why do we think something is good versus bad, and how does it feed into what we think is good or



Pharrell found a star in Yates

Nineteen-year-old Francesco Yates has recently been dispatched on his first tour of promotional duty in support of his upcoming Pharrell Williams-produced debut EP. And already certain questions have been pitched his way with such regularity it feels like batting practice.

What's the deal with his halo of frizzy curls? What's Pharrell like? And the question that Yates himself believes he receives most often: What's the inspiration behind his shimmying, '70s-recalling dance-pop? Inconveniently, that's also the question he finds most difficult to answer.

"One thing I will say about the inspiration is I can't control it. It can come anywhere and any time. I can't sit down to write a tune," said Yates.

Yates was fascinated by music in his youngest years growing up in Scarborough, just east of Toronto, attending a "rock camp' at 11 and landing a high-profile manager in high school. His association with Pharrell started soon afterward, and the visionary Neptunes producer's signature sound is echoed by Yates' groovy early singles Call, Better to Be Loved and Nobody Like You.

His debut EP — co-produced by Williams and Robin Hannibal — will be out Aug. 21. He'll also perform as part of the Pan Am Games' Panamania on July 25.



Francesco Yates HANDOUT

What do you think Pharrell saw in you?

He wanted to do something different with me. I wanted to do something different with him as well.

He said that I hadn't played my electric guitar on any of my projects. He made me more comfortable to do so.

How did you wind up playing guitar on his song Gust of Wind?

We were walking to the elevator of Jungle City Studios one lonely night and he was getting into the elevator to leave, and he said: "Oh yeah, you should do this guitar part with —" and then the elevator closed before he could finish.

So I had to now go back and go: "Oh man, I hope I know what he was talking about." I could only go off what he had done — the Daft Punk stuff - so I decided to give it that flavour.

Luckily, he kept it on the record.

Kanye tweeted Skateboard P is the God recently (referring to Williams).

He is the God. I will say that it was crazy to see the God that everyone talks about, but it was also crazy to see the hu-

I was so privileged and so happy to see him in a normal light. I saw him with his wife and his kid. I saw him talk about real things and I got to see both sides of him.

He is a really, truly downto-earth person. Probably one of the nicest people in the

Will you stick around in Scarborough, and if not, what will you miss?

I'm getting heavily into production; I have all the toys. And there's a certain esthetic coming from Scarborough that can't really be duplicated.

I think I'm going to keep my base here in Toronto.

Wear your heart on your heels

Lamar collabs with Reebok on sneakers with soul

One of the hottest and most critically acclaimed rappers of the moment has designed a pair of Reebok sneakers that he hopes will promote peace among L.A.'s gangs.

Lamar signed a partnership deal with Reebok in 2014 and his first set of sneakers will be called the Kendrick Lamar x Reebok Ventilator.

When they go on sale later this month the shoes will carry a multi-coloured message that promotes peace, particularly among the Crips and the Bloods, the two rival gangs that influenced Lamar's childhood growing up in Los Angeles and



Grande

at this

Lovato steps up to the plate

IN HOLLYWOOD Ned **Ehrbar**

Demi Lovato has taken over headlining duties f r o mAriana year's Major League Baseball

which is apparently a thing. "I'm so excited to be headlining the MLB All-Star Concert," Lovato says in a statement. "I hope my fans in Cincinnati are ready to get 'Cool for the Summer.'

All-Star Game concert,

Real subtle, working the title of your latest single in like that. It's unclear whether Lovato followed the statement with a pre-planned slip-and-fall, but let's just say I'm growing susremoved. And here I thought it was because of that whole donut-licking, "I hate Americans" video snafu she's deal-The concert during the 2015 MLB All-Star Week will also include pop-rock band Rixton, best known for the hit Me and My Broken

Grande, for her part, had to bow out of the gig because she

recently got her wisdom teeth



LAMBERT CANCELS STAMPEDE; THE VIEW'S REVOLVING DOOR

No bull

It's hard out there for professional singers these days, with vocal cords acting up left and right, causing all sorts of tour disruptions.

The latest victim? Miranda Lambert, who had to dash plans for her upcoming Calgary gig due to "serious inflammation" of her vocal cords, according to her Facebook page.

"I'm so sorry that I can't be at Stampede this week, but I'll be back in Calgary just as soon as I can for all of my Stampede fans," she said

in a statement.

The appearance will be rescheduled, but ticket holders can still "use their tickets for admission to Stampede and enjoy all that we have to offer," Stampede's chief operating officer Paul Rosenberg said, "including live country music at Nashville North." Just, you know, sans



tapped for a permanent spot on the daytime chat panel.

Then this week word leaked that newly added Rosie Perez would be leaving the show at the end of her first season in August.

Everyone first had to come to terms with the realization that The View is a show with "seasons" before even more news came in: Comedian and recurring guest-host Michelle Collins is also being made a fulltime member of the show. So ... good for her? Now then, is anyone still actually watching?

Death on TV

Game of Thrones has had plenty of shocking deaths - including some very recent ones that still aren't necessarily confirmed as real — but Maisie Williams, who plays plucky assassin-intraining Arya Stark, has one in particular that resonates more than others: that of Robb Stark, played by Richard Madden, who was offed along with his mother and

pregnant wife at the infamous Red Wedding. "I feel like the audience — and myself were led into such a false sense of security, we couldn't see it coming," she tells E! News. "I guess it was the same with Jon, but we're sort of used to that now. I'm so numb to it, my family members being taken away from me."

That's rough, girl. NED

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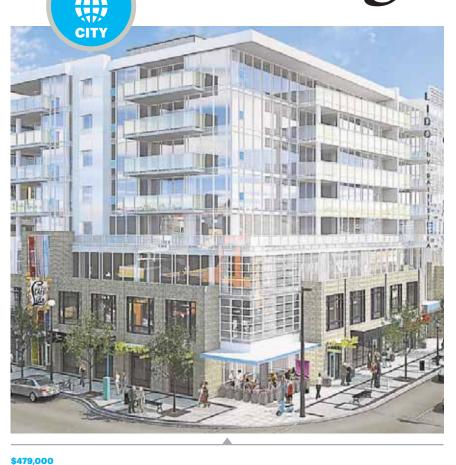


Your essential daily news

Homeowners focus on increasing curb appeal in the first year of ownership: survey

Some things are better new, and there's nothing nicer than a gleaming new condo suite. Here's a look at medium-sized, brand new one-bedroom units near downtown Duncan McAllister FOR METRO

units near downtown Duncan McAllister FOR METRO





Winnipeg

Glasshouse Lofts is a 200-unit, high-design condominium development at 311 Hargrave St., across from the MTS Centre. Featured is a 587-sq.-ft. onebedroom suite in the A3 plan of the modern design, 21-storey residential glass tower by Urban Capital. The suites feature brushed aluminum hardware, rich hardwood flooring and porcelain tile. The condo is part of the new, mixed-use Centrepoint development, with offices, restaurants and an Alt Hotel. Move-in is scheduled for next spring.

Contact the sales centre at 204-282-9658 or email sales@glasshousewinnipeg.com.



\$398,000

Halifax

The Roy, a contemporary 22-storey condominium, is located at 1650 Granville St. in the centre of downtown Halifax. It's an area that's experiencing rapid growth, with new commercial and residential developments opening in the coming months. The building offers three units at 743 sq. ft., called The Canadian, The Scotia and The Royal. The historic development by Starfish Properties will feature the work of Page + Steele IBI Group Architects and interior designs by UNION31.

Contact the sales centre at 902-431-1650 or email info@theroyhalifax.com.



\$439.900

Ottawa

Here's a 756-sq.-ft. one bedroom plus den suite in the new Rideau tower at 831 Bank St., in the centre of Ottawa. Minto@lansdowne is comprised of two highrise condominium towers with a collection of suites and townhomes. As part of the Lansdowne Park rejuvenation, Minto@lansdowne is close to new retail and dining experiences, with entertainment spaces throughout the park and a large outdoor skating rink. Minto@ lansdowne is part of the historic Glebe area, one of Ottawa's premier shopping destinations. Contact the sales office at 613-788-2784 or visit



Calgary

\$422,900

Vancouver

Featured is a 776-sq.-ft. suite with one bedroom plus den at the Lido condominium by Bat-

tistella. The building is at 10 St. N.W. and 2 Ave. N.W., in the heart of one of Calgary's most

desirable inner-city neighbourhoods. It features a boutique hotel on the second level, and

seven commercial bays that will include fine dining, high-end retail shops, a boutique wine

store, and a coffee shop. The building also features a rooftop garden for residential use, with

great downtown views, and outdoor fireplaces. Contact the sales centre at 403-290-1664 or

You can get a 661-sq.-ft. one bedroom plus den in Altus, the second phase of the SOLO District condo project. SOLO District is close to the SkyTrain at Lougheed Highway and Willingdon Avenue in Burnaby, a suburb of Vancouver. The development will feature a selection of retailers and exclusive amenities, including a rooftop patio, with a full kitchen, large dining room, media centre, outdoor lounge with barbecue and fireplace. Other amenities in Altus include a fully equipped fitness studio and an outdoor rooftop multi-sport court. Contact the sales centre at 604-227-3745 or e-mail info@solodistrict.com.



\$392,490

Toronto

Featured is a 667-sq.-ft. unit on the 10th floor, overlooking Forest Hill. The Barrington Condominium Flats at 1486 Bathurst St. is introducing new suite designs and pricing in the St. Clair residential area, which is undergoing an urban renaissance. There are two new suite groupings: The London Flats and The Knightsbridge Collection, with amenities that include ground-floor retail and a fitness centre. The 18-storey Barrington is near the St. Clair West subway station and has a walk score of 98 and a bike score of 88. Contact the sales centre at 416-410-4444 or email info@barringtoncondos.com.

metr@HOME Thursday, July 9, 2015 29

Pattern holds clue to colour

CESIGN CENTRE
Karl
Lohnes

An old-time decorating secret answers a reader's colour decor

question

Q: I recently moved into my new condo and am ready to decorate. What comes first: the paint colours or the furnishings?
— S. Stein, Toronto.

A: Here's the decorator secret to choosing colours: Choose the largest item that influences pattern or colour for each room, then take inspiration for the wall colour from that piece. For instance, in the bathroom it might be a shower curtain, in the living room it might be armchairs and in the bedroom is will most likely be the bedding or a carpet. By choosing a paint colour that is the third colour in any pattern, you will create a balanced room for adding colour. If you are choosing items that don't have a variety of colours, then you will be decorating in monochromatic style. Monochromatic (using one colour) does not have to be boring — just remember to use darker and lighter tones in order to create interest in the room. Here are three great examples.



ABOVE:

When working with a monochromatic colour scheme, consider adding drama to the walls with a more intense paint colour. Paint: Sterling Forest, BenjaminMoore.ca. Pebble Shower Curtain, \$20, Simons.ca. Remember that a monochromatic room does not mean all beige or bland colours.

LEFT:

The third colour that pops least in this chair is deep grey — there's your inspiration for a great backdrop paint colour. Paint: Burnt Amber, Benjamin Moore Paints. Grayson Chair, \$1,500, CrateAndBarrel.com. Even though the paint colour is a neutral, its deep tone makes it dramatic and adds an unexpected punch to the walls.

BOTTOM LEFT:

Finding the third most prominent colour in patterned bedding makes for the perfect wall colour.
Paint: Bryant Gold,
BenjaminMoore.ca.
Clearly Organic Duvet & Sham, from \$30, PotteryBarn.com.
Using this trick is the difference between just painting your walls and making the room look like the decorator was there.

Got a decorating dilemma? E-mail Design Centre at Home@MetroNews.ca

Easy does it with outdoor accessories

GARDENING

Landscape attractions can be both pretty and functional

Flowers are the face of a garden, providing colour and texture. But a few well-placed landscape accessories can give it character and a dash of personality.

Accessories can range from water fixtures, like ponds and streams, to outdoor furniture and appliances, fountains to statuary, miniature fairy gardens to antiques. Give it some thought, however.

"There's some wonderful stuff out there (to collect) and it's awfully tempting, but you have to be really careful not to overdo it," said Linda Engstrom, a landscape designer from Portland, Ore.

She advises putting no more than two or three items in one area. "It gets too cluttered and the eye doesn't know where to



Baskets are integrated into a garden near Langley, Wash.

THE ASSOCIATED PRESS

go," she said. "You need some negative space."

Many of those items also can be high maintenance. And landscape accessories should fit the architectural style of the home, Engstrom said.

"I had a client once who had a Tudor house but who wanted a Japanese garden. That wasn't such a great idea, but I was able to give her a Japanesestyle garden semi-enclosed in the backyard, and it wasn't jarring," she said. Accessories can be used to screen unsightly utility sheds or add some visual flavour to hobby greenhouses, she said.

"Put up a pergola and string it with vines and flowers. Add a fountain or garden seat."

Homemade landscaping objects are becoming fashionable again, said Leonard Perry, an extension professor with the University of Vermont.

"Making your own accessories may be a great way to save money, a fun craft hobby or family activity," Perry said. "Making colourful pavers (stepping stones), either with inlaid objects, designs or leaf impressions, is a great activity to involve children."

Creativity also comes into play finding unusual objects from flea markets, garage sales or your basement, and figuring out how to incorporate them into a garden.

Tastes vary, of course, Perry noted. "What is tacky to some may appear to be a thing of beauty to that gardener or homeowner," he said.

THE ASSOCIATED PRESS

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Trail Appliances6880 11th St SE, South Calgary
2745 - 29 St NE, North Calgary
1025-9 Ave SE, Inglewood Calgary

Fatigue finally gets to Pospisil

Canuck played 31 sets in 7 days, solid Murray into last four

Vancouver's Vasek Pospisil simply played too much at Wimbledon.

Pospisil lost to Andy Murray in straight sets in their quarter-final match on a wet Wednesday, with the Canadian going out 6-4, 7-5, 6-4 after an exhausting 10 days of grass-court tennis.

I played a lot of tennis, how much that affected the match is hard to say," said Pospisil. "But I definitely started feeling a little bit heavy, especially in that third set. I played 31 sets in seven days or something like that. Then you're going to play Andy."

Pospisil, stretched to five sets in three of his five singles matches, began feeling his legs against Murray. Pospisil and American partner Jack Sock were defeated last week as they defended their 2014 doubles title, only adding to Pospisil's workload.

The Centre Court contest against third seed Murray began with the roof open but after a second rain interruption, concluded after two hours 11 minutes with the translucent structure closed

Pospisil had hoped to join Robert Powell (1908 Wimbledon) and Milos Raonic (2014 Wimbledon) as the only Canadian men to make a Grand Slam final four. He was dismayed after being warned in mid-serve on a time violation, late in the seconds set as he dropped serve 5-6.

A nagging injury also bothered Pospisil, who said he needs to get a scan on an undefined problem in his right hand which he has been feeling for a few days. But he immediately said he did not expect it to keep him from playing for Canada against Belgium in the Davis Cup next weekend.

pecting it to be anything serious," said Pospisil. "The plan right now is 100 per cent to go play. Ĭt's just a

рге

"I'm not ex-



ed opponent had to put up with a 35-minute weather interruption with Murray leading 3-1 in the first set and again left the court with Pospisil up 4-3 in the second set. At that

point,

Murray profited from a break for 6-5 in a game where Pospisil was warned for taking more than 20 seconds between points. Murray took a 2-0 lead on sets a game later when Pospisil netted a service return. Murray earned the deciding third-set break in the ninth game as he eas-

> The 2013 end Pospisil's tournament on a second match point. THE CANADIAN

Wawrinka's backhand went long on the third

3-1/2 hours of play.

SEMIFINALS Top three men seeds sail through in straight sets The top three men - No-

vak Djokovic, Roger Federer

and Andy Murray - cruised

into the Wimbledon semi-

finals in straight sets. The

final four lineup has an un-

Richard Gasquet out-

lasted French Open cham-

expected name, too.

pion Stan

Wawrinka

in a mara-

thon fifth set

Wednesday,

preventing

Wimbledon

from hav-

ing the top

four men's

ers in the

seeded play-

semifinals for

the first time

The 21st-

in 20 years.

Frenchman

overcame

the fourth-

Swiss 6-4, 4-6, 3-6, 6-4,

11-9, falling

seeded

seeded

Gasquet reached the semifinals at the All England Club for the first time since 2007. He will face defending champion Novak Djokovic, who swept past Marin Cilic 6-4, 6-4, 6-4.



I definitely started feeling a little bit heavy, especially in that third set.

Vasek Pospisil

the roof was closed to allow play to conclude.

ily returned a crosscourt winner off of a Pospisil shot from the back of the court.

Wimbledon champion served out the victory a game later to

onto his back in relief after

match point, ending nearly

Andy Mur-

ray, Novak **Djokovic and**

Roger Feder-

er are in the

last four

GETTY IMAGES



Redskins trademark cancelled by judge

For the first time in a legal battle that has stretched over 20 years, a federal judge on Wednesday ordered the cancellation of the Washington Redskins' trademark registration, ruling that the team name may be disparaging to Native Americans.

The ruling does not bar the team from using the Redskins name if it wishes. The team could even still sue for trademark infringement, but winning such a case could prove more complex without the legal protections

that come with a federally registered trademark.

Redskins President Bruce Allen said the team will appeal.

"We are convinced that we will win because the facts and the law are on the side of our franchise," Allen said in a statement. U.S. District Judge Gerald Bruce Lee's ruling upholds an earlier finding by an administrative appeal board and orders the federal Patent and Trademark Office to cancel the registration. THE ASSOCIATED PRESS



🛑 IN BRIEF

Source: Clippers trying to keep hold of centre Jordan

Two people with knowledge of the situation say the Los Angeles Clippers are making a last-ditch push to keep free agent centre De-Andre Jordan from joining the Dallas Mavericks.

Jordan and the Mavericks agreed to terms on a fouryear, \$80 million contract last Friday. The Clippers can offer a five-year deal worth even more once contracts can be signed starting Thursday.

Red Wings sign winger Tangradi to one-year deal

The Detroit Red Wings have signed left wing Eric Tangradi to a one-year contract.

The team announced the deal Wednesday. Tangradi, 26, played seven games last season for the Montreal Canadiens. He played a career-high 55 games for Winnipeg in 2013-14. Tangradi was drafted in the second round in 2007 by the Anaheim Ducks. He made his NHL debut in 2010 for Pittsburgh, and was traded the Jets from there in 2013. THE ASSOCIATED PRESS

Injured McIlroy will not take Open risk

The photo Rory McIlroy posted to Instagram on Wednesday shows his feet up, a black air cast around his left ankle, as he watches Wimbledon on television. The claret jug was positioned beneath the screen.

When it comes to a Grand Slam championship in his own sport, the world's No. 1 golfer will be reduced to watching this year. Two days after the stunning news that he ruptured a ligament in his left ankle, McIlroy pulled out of the British Open



GETTY IMAGES

the first time in 61 years that the defending champion will not be in the field.

He injured his Rory McIlroy ankle over the weekend playing soccer with

friends in Northern Ireland. Mc-Ilroy held out hope he could still play next week, but he decided it was not worth risking a full recovery. THE ASSOCIATED PRESS

RECIPE Black Bean, Mandarin Orange and Baby Shrimp Salad



Rose Reisman rosereisman.com

If using frozen shrimp, be sure to defrost, drain and dry completely for the best result. If mandarin oranges or tangerines are in season use them to replace the canned. Serves 4.

Ready in

Prep time: 15 minutes Cook time: 3 minutes

Ingredients

- 1/2 cup drained, canned or frozen corn
- · 4 oz baby cocktail shrimp • 1/2 cup canned mandarin
- oranges, drained and patted dry • 1/2 cup black beans, drained
- and rinsed • 1/2 cup diced red bell pepper
- 1/4 cup diced red onion

- 1 1/2 tsp olive oil
- 11/2 lemon juice
- •1 tsp honey
- 1/2 tsp minced jalapeno peppers
- 1/2 tsp Dijon mustard
- 1/4 tsp cumin
- · 3 Tbsp chopped cilantro or mint
- Salt and pepper
- · 8 Boston lettuce leaves

Directions

1. In small skillet sprayed with vegetable oil, add corn and sauté for three minutes, just until lightly charred. Add to bowl along with remaining ingredients. Mix well and divide over lettuce leaves.

Nutrition per serving

- Calories 110
- Protein 10 g
- Fibre 4 g
- Total fat 3 g
- · Sodium 200 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

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57. Popular gar-

61. Prima donna

63. Mattel guy

65. Born, in

bridal bios

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 People will go out of their way to do you favours today, which, of course. makes you suspicious, but there is no reason to be. Some people like you and genuinely want to help.

Taurus April 21 - May 21 You are taking something far too seriously and at the same time neglecting far more important issues. What happens today will offer perspective and remind you that life is too short to waste time on worry.

Gemini May 22 - June 21 You may be under the impression that you can say and do what you please but that does not mean you can step out of line and be protected from the consequences every time.

Cancer June 22 - July 23 You are in a generous mood at the moment and that's good, but don't fall into the trap of thinking it's about money. What others want from you is your time and attention and sympathy. Gifts are nice but not essential

Leo July 24 - Aug. 23 With Venus and Jupiter moving through your sign, you are responsive to other people's moods and needs. However, watch out that their negative feelings don't start to have a negative effect on you.

Virgo Aug. 24 - Sept. 23 You are craving something, or someone, you cannot have. Some things are best left in the realms of fantasy. Besides, reality is not so bad.

Libra Sept. 24 - Oct. 23 You don't lack for compassion but how about common sense? You could be fooled into thinking you are doing the right thing, when the best thing is to leave well alone.

Scorpio Oct. 24 - Nov. 22 You want to impress people who can help you realize your ambitions, but there is a danger you will go too far and say or do things that are so over the top they're counterproductive. Don't try so hard.

Sagittarius Nov. 23 - Dec. 21 Don't let unexpected events undermine vour confidence, especially on the work front where a series of setbacks seems to have dented your morale.

Capricorn Dec. 22 - Jan. 20 Don't give away too much informa tion today. The less others know about your plans the better - one of your friends has a very big mouth and could tip off your rivals.

Aquarius Jan. 21 - Feb. 19 Be wary of anyone whose attitude towards you goes from one extreme to the other. If they are that changeable in their affections then maybe it's best to keep them at arm's length.

Feb. 20 - March 20

Your imagination is extremely powerful but there are times when it gets the better of you. The first step toward resolving your current problem is to stop worrying about it so much.

CONCEPTIS SUDOKU by Dave Green

Every row column and box contains 1-9

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